

Wellness During Pregnancy

First Trimester

Introduction

Welcome to the Virtual Self-guided **Wellness Exhibit Wellness During Pregnancy, First Trimester**. This learning module contains 12 posters and takes approximately 15-20 minutes to complete.

Before you get started, print the **Passport to Maternal Health: Wellness During Pregnancy, First Trimester** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



Passport to Maternal Health: Wellness During Pregnancy, First Trimester



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Healthy Lifestyle During Pregnancy

List 3 or more examples of healthy habits you would like to continue or improve during your first trimester. Be specific about your plans.

Exhibit 2: Guidelines for Exercise

List 2 or more physical activities that you plan to continue or incorporate into your life during pregnancy to maintain fitness.

Exhibit 3: Stress Management

List 3 potential stress reduction practices that you will try to manage during pregnancy.

Exhibit 4: Nutrition & Supplements

Identify 3 ways you can improve your nutrition and lessen the nausea of early pregnancy.

Exhibit 5: Healthy Hydration

List ways you can improve your hydration so you can consume more water and hydrate well.

Exhibit 6: Medical Care in the First Trimester

Review the list of what to expect at your first trimester prenatal exam. Write down 3 questions you can discuss with your healthcare provider related to your history, chronic medical issues, carrier screening, or general pregnancy concerns.

Exhibit 7: Symptoms in Early Pregnancy

Identify 1 or more common symptom of early pregnancy that you didn't expect.

Exhibit 8: Environmental Exposures

Review the guidelines to limit your exposure to environmental toxins and chemicals. List any that you need to eliminate or modify.

Exhibit 9: Food Selection & Safety

List the ways you can improve your food selection: _____

List the ways you can improve food safety: _____

Exhibit 10: Guide to Buying Organic Produce

List any non-organic items that you can currently purchase from the "Dirty Dozen" so you can make note to begin purchasing organic for these items that test high for pesticide use:

Exhibit 11: Guide to Buying Fish

The recommended weekly fish consumption is _____ ounces of safe fish.

List any of the unhealthy fish you currently consume:

Exhibit 12: Healthy Fats and Oils for Cooking

List any oils that you currently use to cook with that you will want to substitute for healthier options:

List oils that you will purchase and start cooking with:

Medium Heat: _____

Medium to High Heat: _____

High Heat: _____

HEALTHY LIFESTYLE DURING PREGNANCY



1st Trimester



There are no known safe amounts of alcohol, tobacco, marijuana, and recreational drug use during pregnancy. Reduce caffeine intake and discuss all medications with your doctor. Get more sleep as needed.

Avoid Altogether

- Alcohol
- Tobacco
- Marijuana
- Recreational Drugs

Use Cautiously

- Caffeine
- OTC Medications
- Prescriptions
- Supplements

Continue Healthy Habits

- Physical Activity
- Healthy Eating
- Healthy Hydration
- Sleep
- Stress Management

GUIDELINES FOR EXERCISE



1st Trimester



Women with uncomplicated pregnancies are encouraged to exercise to maintain fitness and enhance well-being. Consult with your physician if any of these apply to you: severely over or underweight; poorly controlled type 1 diabetes; anemia; irregular heartbeat; significant heart or lung disease; occupation that requires heavy lifting; professional or semi-professional athlete.

Safe Activities

- Walking
- Swimming
- Stationary cycling
- Low-impact aerobics

May be Safe Activities

- Yoga & Pilates
- Running
- Racket sports
- Strength training

Unsafe Activities

- Ice Hockey
- Boxing
- Soccer
- Basketball
- Scuba & Sky Diving
- HOT yoga & Pilates
- Surfing
- Gymnastics
- Horseback riding



STRESS MANAGEMENT

1st Trimester



Pregnancy adds another element of stress:

1. Identify your stress trigger
2. Determine those areas of stress that you can control
3. Employ stress management practices

First Trimester Tips:

- Be kind to yourself
- Involve your partner as much as possible
- Enlist help from others

Pregnancy Stress Reduction Practices

- Exercise is a great stress buster
- Write down your thoughts or keep a journal
- Meditate
- Stretch to relaxing music
- Carve out 15 minutes of time for yourself each day
- Look for opportunities to laugh
- Scale back on obligations
- Get enough sleep
- Talk to a trusted friend, family member, or mental health provide
- Find a support group



NUTRITION & SUPPLEMENTS

1st Trimester



Supplements

Take a high-quality prenatal vitamin with 600 mcg of folic acid. Aim to obtain 1000 mg of calcium daily through calcium rich foods or supplements.

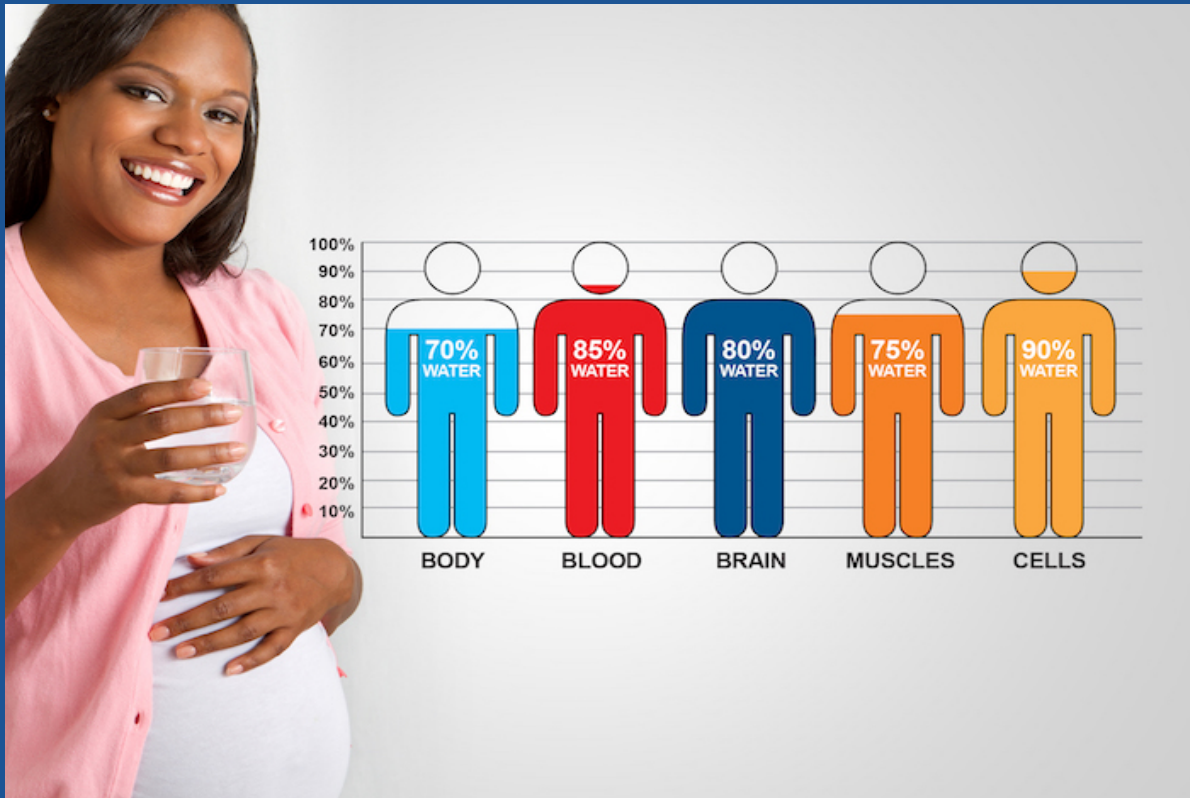
A woman's nutrition during pregnancy affects her baby's health

- No need to increase caloric intake
- To prevent constipation, consume more fiber and fluids
- Weight gain is minimal, some women lose weight
- To minimize nausea
 - Eat small and more frequent meals
 - Drink clear or sour fluids (ginger ale, lemonade)
 - Small fresh lemon, mint, or orange

Simple Rules to Eat By

- Consume whole foods
- Minimize packaged and processed foods
- Avoid sugar-sweetened beverages and fruit juice
- Aim for variety
- Avoid skipping meals
- Eat with others — make your meals a social event
- Take time to eat a meal — not at a desk, while on the phone, or driving
- Slow down — eat slowly and enjoy your food
- Cook at home — minimize take-out
- Control portion sizes

HEALTHY HYDRATION



Human body tissues are more than 70% water.
Water is the healthiest beverage.

Tips to Hydrate Well During Pregnancy

- Aim for eight 8-ounce glasses of filtered water daily.
- Replace sugar-sweetened drinks and juice with water.
- Limit or eliminate artificial sweeteners and diet drinks.
- Limit caffeine to 200 mg per day, or 12 ounces of brewed coffee.
- Sip your drinks of water and pace them to prevent feeling uncomfortably full.
- Flavor water with mint, citrus, or cucumber to lessen nausea.
- Avoid alcohol.

*Eat your calories.
Don't drink them.*





MEDICAL CARE IN THE FIRST TRIMESTER

First Trimester Prenatal Exam

You will cover your medical and prior pregnancy history, review chronic medical conditions, and have a physical exam with possible pelvic ultrasound.

Labs and Screenings to be Considered

- Genetic testing and carrier screening
- Urine specimen
- Blood type and Rh status
- Measure your complete blood count (CBC)
- Vaccination status
- Presence of sexually transmitted infections (STIs)
- Exposure to other infections: hepatitis B and C, and HIV
- Cervical cancer screening

Maintain Dental Care

Poor dental health is associated with poor pregnancy outcomes. Both dental cleaning and x-rays are safe.



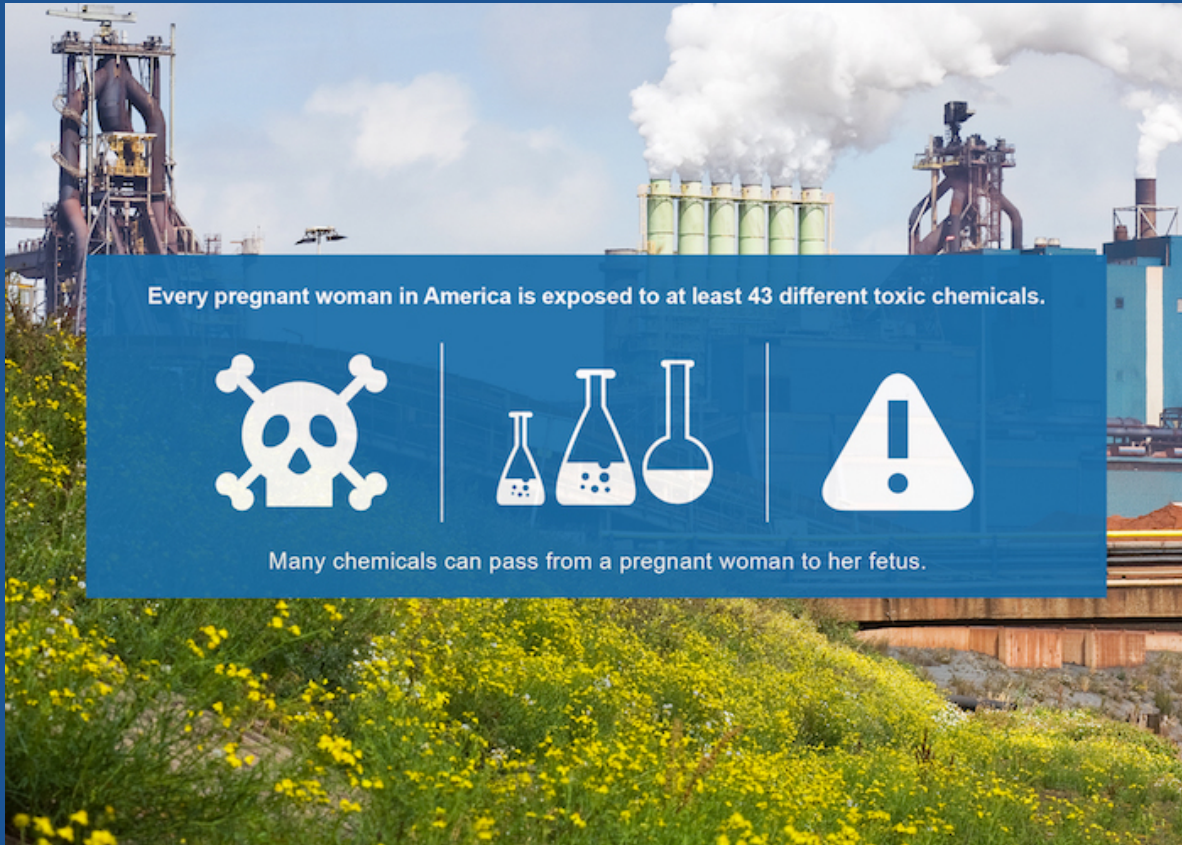
SYMPTOMS IN EARLY PREGNANCY

The first trimester is a time of physical and emotional change. Each pregnancy is unique and has its own set of symptoms.

Common Symptoms in the First Trimester

- Spotting or light bleeding
- Light menstrual period-like cramping
- Nausea
- Abdominal bloating
- Increased frequency of urination
- Changes in vaginal discharge
- Mood changes
- Breast tenderness and fullness
- Fatigue

ENVIRONMENTAL EXPOSURES



Exposure to chemicals can cross the placenta and result in miscarriage, stillbirth, birth defects, childhood cancers, and impaired brain development.

Tips to Reduce your Exposure to Toxins and Chemicals

- Drink filtered water
- Avoid microwaving in plastic food containers
- Look for canned food products that are BPA-free
- Use glass, porcelain, or stainless-steel for hot food and hot beverages
- Avoid high-temperature cooking methods
- Avoid “non-stick” cookware coated with Teflon or PTFE s
- Use personal-care products that are phthalate-free
- Avoid pesticides, chemicals, and solvents
- Ask someone else to clean the cat litter box
- Avoid heat from hot tubs, saunas, tanning beds, and electric blankets
- Take your shoes off when entering your home
- Don't travel to places that have the Zika virus



FOOD SELECTION & SAFETY



Follow these guidelines for food selection and food safety while pregnant.

Food Selection

- Avoid highly processed meats
- Choose milks and cheese made with pasteurized milk
- Avoid unpasteurized cheeses: Camembert, brie, blue cheese, goat cheese, queso, Roquefort, gorgonzola

Food Safety to Avoid Food Poisoning

- Avoid eating raw poultry, fish, eggs, and milk
- Do not eat undercooked meat
- Avoid pickled or smoked seafoods
- Use hot soapy water to clean food preparation surfaces
- Wash raw fruits and vegetables before peeling or eating them
- Wash your hands before cooking and eating
- When camping treat or boil your water

GUIDE TO BUYING ORGANIC PRODUCE

When pregnant, it's important to eat as healthy as possible.

The **Clean Fifteen** helps shoppers seek out conventionally grown fruits and vegetables that tend to test low for pesticides.

The **Dirty Dozen** helps shoppers seek out organic fruits and vegetables whose conventional versions test high for pesticides.



The Clean Fifteen: OK to Buy Non-Organic

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew Melon
15. Cantaloupe

The Dirty Dozen: Buy Organic

1. Strawberries
2. Spinach
3. Kale, collard & mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell & Hot Peppers
11. Celery
12. Tomatoes



GUIDE TO BUYING FISH

The “Best Choices” for consuming fish during pregnancy have the lowest levels of mercury.

- Reduce exposure to mercury up to 1 year prior to pregnancy.
- Nutrition guidelines recommend that adults consume 12 ounces of fish a week.

Fish to Avoid that Have Highest Mercury Levels

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Bigeye tuna

HEALTHY FATS AND OILS FOR COOKING



**20-35% of daily calories should
come from healthy fats.**

Choosing the Right Oils for Cooking

Oils can be destroyed by heat and create free radicals that are damaging to your health. This happens when an oil reaches its “smoke point” — the temperature at which the oil begins to give off smoke. Beyond the health effects, it also does not taste very good. Oils labeled unrefined or virgin are unprocessed oils. Refined oils are highly processed and have a higher smoke point. **AVOID** cooking with these oils: corn, safflower, sunflower, soybean, canola, cottonseed.

Choose the oil that suits your needs by temperature of cooking:

High Heat Oil (frying, sautéing)	Medium to High Heat Oils (medium to high-heat sautéing, baking)	Medium Heat Oils (low-heat sautéing, sauces, salad dressing)	No Heat Oils (cannot withstand heat, use for salad dressings, sauces only)
Almond	Extra Virgin Olive	Extra Virgin Olive	Macadamia
Toasted Sesamee	Virgin Olive	Virgin Olive	Walnut
	Ghee (clarified butter)	Ghee (clarified butter)	Flaxseed
	Virgin Avocado	Virgin Avocado	
		Unrefined Coconut	

Tip: Drizzle olive oil on dishes just before serving to bring out their flavor. Olive oil is also a great choice for salad dressing and sauces.

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Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Wellness During Pregnancy, First Trimester**. The Exhibit shared a wide range of healthy lifestyle, nutrition, medical, and environmental practices. These practices will help you to make more informed decisions and lifestyle changes that will help you on your pregnancy journey. You are now ready for the **Wellness During Pregnancy, First Trimester** Challenge to put these practices into daily living.

